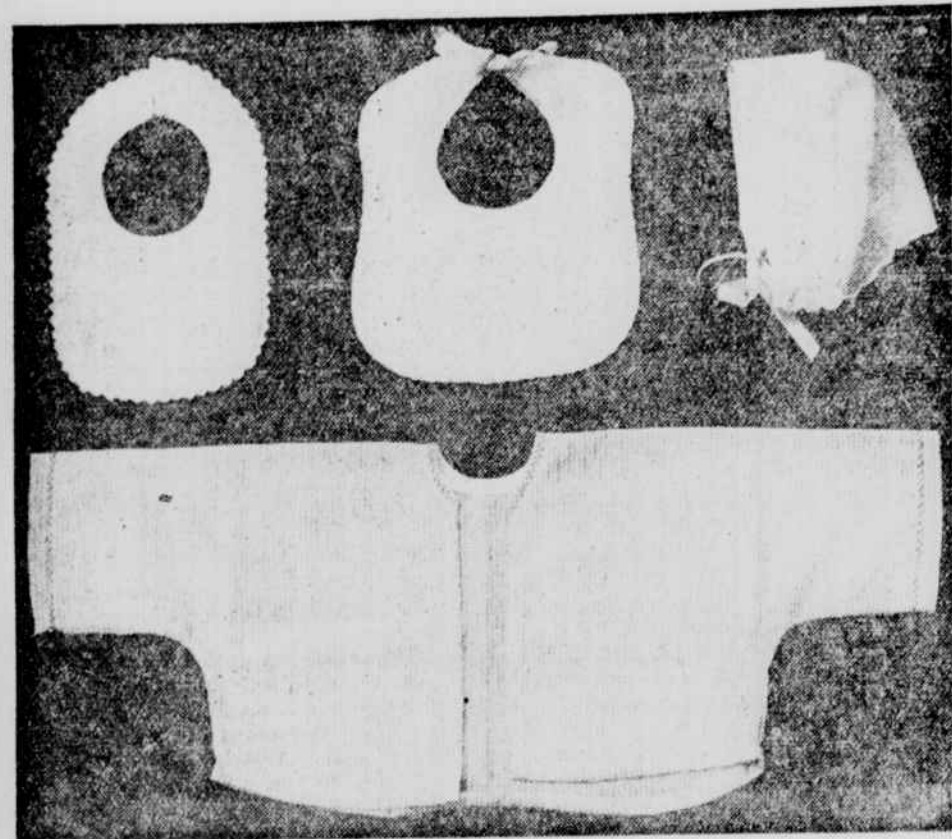


CLOTHING A CHILD FOR BODY AND MIND COMFORT



Correct wardrobe accessories of the baby include the soft absorbent of kit goods, one bib of pique for the drooling stage, a Dutch cap fastened with ribbon straps and snaps, dispensing with clumsy and uncomfortable ribbon ties; a chalice wrapper with kimono sleeves, easy to slip on.

By Mary L. Read.

ARTICLE 2.

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CLOTHING should be comfortable to body and mind; it should provide freedom of action and thought, cultivate modesty, simplicity, democracy, daintiness, self-consciousness or vanity.

Overclothing keeps the skin moist and is a cause of colds.

Distribute clothing judiciously; avoid overclothing of trunk and chest and underclothing of legs.

Underclothing

Use lightweight underwear and give additional warmth by extra wraps as needed. Adapt clothing to the actual weather conditions, not to traditions of seasons. Avoid sudden changes, as from heavy play suit to thin suit.

Underclothing and stockings may be all cotton or one-quarter wool for weather above freezing; half or three-quarter wool in colder weather.

Porous clothing is warm, holding a protecting layer of air; thick woven clothing, such as heavy, fleece-lined wear, is cold, preventing the evaporation of moisture from the skin. For hot weather use sleeveless or half-sleeve gauze vests.

Use side elastics to support the stockings,

never the round-garters. Select carefully the waist for attaching supporters.

Protect the ankles and legs with stockings or leggings in cold or changeable weather.

Keep the throat open except in very cold weather, and then protect lightly.

Shoes and stockings should keep the feet warm and comfortable, not perspiring, cold or restricted.

Nightclothes

A complete change should be made at night. After three years a shirt is not needed at night except in very cold weather. When diapers are no longer needed the night drawers may be worn, using those with feet for cold weather. For outdoor sleeping in cool weather a sleeping bag of eiderdown or flannel is desirable, and a light hood. A flannel or eiderdown bathrobe and slippers should be provided for emergency and morning use.

Wraps

Knit wraps, as sweaters and knitted leggings, are warmer and give more freedom than cloth wraps. Furs are overheating and unsanitary because not cleaned. Provide woollen mittens for little children and muffs in cold weather. Gloves are too cold for children in winter. For children under seven or eight provide light knitted hoods or caps with detachable lining for very cold weather. Let children go bareheaded except in hot sun or cold weather. Paper or hair insoles inside

Correct Clothing Should Stimulate Freedom of Action and Thought, Cultivate Modesty and Simplicity and Obviate Self-Consciousness.

Charts Providing a Standard Physical Programme for Children, and Clothing Don'ts Are Presented for Mothers' Reference.

calfskin shoes with thick soles are the best protection for the feet in winter. Lace shoes are preferable to button on account of adjustability. Rubbers are non-porous. They cause the feet to perspire, prevent air circulation and if long worn cause cold feet. They should be worn only in wet weather.

Making

Rompers give greater freedom in play for girls until four or five years old; after that bloomer suits until long skirts are worn. Pinafores or large aprons are much easier to launder than dresses. Fasten clothes in front or on the shoulder for children under seven, so they can dress themselves. Seersucker or soft crepon or crepe is easily laundered, requiring no ironing.

Changing Clothing

Stockings should be changed every day. They are then more comfortable and wear longer. Drawers should be changed at least twice a week in warm weather, or if the child perspires from activity, every day; other underclothing once or twice a week. Clothing should be changed whenever wet.

Hang Out of Dust

Keep clothing neatly folded and hang out of dust when not in use. Begin to teach the child at one year to put his shoes neatly together; by two years to lay his clothes neatly when taken off and to hang up wraps; by three years to fold his clothes when removed; by four years to take care of all clothing as removed and keep his chifonier in order. Provide low hooks and small, low, easy working bureau drawers that the children can reach themselves.

Keep soiled clothing in a ventilated receptacle out of the sleeping room or kitchen.

Mend clothes before laundering or before putting away after laundering. After six years children can be taught to sew on their own buttons.

Keep hats and wraps well brushed, shoes brushed and cleaned; after five years children can brush their own shoes and hats.

Ready made clothing should be washed before wearing unless guaranteed made under sanitary conditions. Much ready made clothing, whether cheap or expensive, is made in sweatshops and crowded tenements.

Use only mild soap in washing children's underwear and rinse soap out thoroughly. Use borax or ammonia in place of washing powders or soda. Avoid starch in clothes for young children, and in drawers or nightgowns at any age.

Children's play clothes should be of such durable material and simple design that play may not be hampered through fear of soiling or injuring garments.



Children's play clothes should be of durable material and simple design.

For the Child Avoid

Underwear:

Thick woven.
Heavy cotton fleece-lined.
All or three-quarters wool (unless open weave and soft).
Rough seams.
Corsets.

Stockings:

Thick, heavy.
All wool.
Seams; much darned.
Round garters.
Tight hose supporters.

Shoes:

Patent leather or other non-porous material.
Rough inside seams and soles.
Tight across toes, insteps or ankle.
Stiff, inflexible soles.
Rubber soles unless with leather insoles.
High heels.
Tight.

Wraps:

Fur or other heavy neck pieces.
Mufflers, except in very cold weather, for children over five.
Gloves in winter.
Rubbers or overshoes except in rain or slippery weather.
Ear muffs.
Veils.
Unventilated hats.

Tight clothing:

Gloves, neckbands, waists, underwear, stockings, shoes. The latter is especially important with growing children and easily overlooked or neglected as they outgrow their clothes. Rubber in the legs of ready-made rompers is always too tight and is better removed.

Non-washable dresses or wraps for children under three years.

Elaborate, showy clothes.
Unbecoming clothes.

CANDYTOWN STORIES

By Louise S. Hasbrouck.

IT WAS a morning in early spring. In his big cave at the foot of the Sugarloaf Mountains the Popcorn Giant was cooking his own breakfast on his big stove.

At one end of the big dining table he had set a place for himself, with plate, bowl, spoon, cup and saucer all complete. When he had finished cooking his breakfast he drew his big chair up to the big table, filled his big bowl with oatmeal, put some hot rolls on a plate, then went back to the kitchen to put some fresh coal on the fire. In a few minutes he returned and sat down to make a big meal.

Kerchoo! Kerchoo! Gracious! What was the matter? Why, somehow or other, some pepper had got into the Popcorn Giant's coffee, and he was sneezing. What a queer thing! "There's no one in the cave but me," said the Popcorn Giant. "I must have put it in myself."

He took his cup out to the kitchen to get some more. When he came back he began eating his oatmeal. But my! didn't it taste horrid! And the reason for that was it was sprinkled with salt instead of sugar. The Popcorn Giant was provoked.

"What is the matter? I must be bewitched," said he.

The Popcorn Giant Thinks He Is Bewitched.

Just as he said this he heard a tiny, tiny little laugh. It didn't sound any bigger than a mouse's giggle, if you know how big that sounds.

"Who's there?" roared the Popcorn Giant. And the tiny voice said: "Look and see!"

The Popcorn Giant jumped up from his chair. He was in a fine temper by this time, I can tell you. He looked and looked, under the sofa, under the chairs and tables, up on the ceiling, even behind the pictures on the walls, but he couldn't find anybody.

So he said to himself again, "I certainly am bewitched," and began to eat the rest of his breakfast.

But no sooner had he started than another funny thing happened. One of his nice hot rolls began to jump around on the plate like mad! And presently it jumped so hard it jumped right off the plate on to the floor!

The Popcorn Giant stared after it with all his eyes. (He had only two, of course, but he used both of them.) Then he said again: "I certainly do think this place is bewitched."

And again he heard a little tinkle of soft, mischievous laughter.

The Popcorn Giant pushed back his chair. There lay the roll on the floor, as quiet as could be. But all at once it began to move. Slowly, very slowly, it moved across the floor. The Popcorn Giant gazed at it, fascinated. Suddenly he noticed something. He stooped and picked up the roll, and along with it came a thread. This thread came from a spool which had been cunningly tucked inside the roll, and apparently some one had been jerking the other end and so making it move.

"Aha, I have you now!" said the Popcorn Giant. But when he followed the thread he found the other end of it wound securely around the leg of a table, and not a person in sight.

Then, for the third time, the Popcorn Giant said: "Well, I am bewitched."

And again he heard a little, teeny, tiny tinkle of laughter.

And this time he felt a little pull at his shoelace.

He looked down and he saw—whom do you suppose? Why, little Teeny-Weeny Caraway Seed, the smallest of all the Candy children.

"Don't you know what day this is, Mr. Popcorn Giant?" called she.

The Popcorn Giant looked at her, and then he looked at the calendar.

"April 1," said the calendar.

"April fool!" cried Teeny-Weeny Caraway Seed.

The Popcorn Giant looked very cross. "WHY DIDN'T YOU FIND SOME ONE YOUR OWN SIZE TO FOOL?" he thundered. But Teeny-Weeny was not scared a bit.

"The bigger the better," said she. "There's more of you to fool, you know. Now, Mr. Popcorn Giant, come with me to Candytown. As long as we are not rough and don't hurt anybody we can play tricks all day long."

The Popcorn Giant laughed to think of Teeny-Weeny Caraway Seed's being rough or hurting anybody, and together they set out for Candytown.

STAR-CASTE

A star looked down upon the sea,

And to a lighthouse trim said he,

"I wonder what you are?"

The lighthouse twinkled instantly,

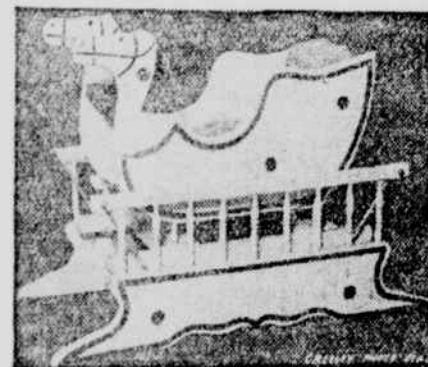
"Why, you're the aristocracy,

And I'm a working star!"

—Mary Carolyn Davies.

: A CONVENTION IN TOYLAND :

Here Are the Prettiest Dolls and the Newest Toys.



Who wouldn't swing in a swan swing like this?

By Sarah Addington.

THE dolls and toys had a convention a few weeks ago. They met in a big hotel in New York, where their makers had brought them so that storekeepers might buy them for their toy departments. And oh, there were so many things to play with it would take your breath away. Fire wagons and wooden horses and dolls and engines and doll carriages and toy pianos and everything else. I only wished that every little girl and every little boy in the whole world could have been there, for there were so many things to see and do.

First, you might have ridden down a jitney coaster, which is a wooden toboggan for the playroom or yard. You climb into a little red wagon at the top, tuck your feet up tight and then, whiz, down you go, fast! It's lots of fun, and you don't have to wait for snow, you see, to use it. Then you might have ridden on a wooden horse or a seesaw or a swing. All these things were at the convention and just waiting for somebody to come along and climb on. I tried them, but I couldn't make the seesaw go by myself, of course. The best part of a seesaw is that when you're down somebody else is up, don't you think?

I wanted to see the dolls. Girls always do. And, just think! I saw a whole roomful of dolls. Some were cunning little farmer boy dolls with suspenders and overalls. Some were baby dolls in long dresses, crying little white tear drops down their pink cheeks. Some were dressed-up lady dolls with plumes on their hats. Some were just little girl dolls in pinafores, smiling at every one from under their sunbonnets, but if you hurt the feelings of one of them (and pulled a string) that smiling face would turn around and there

would be a crying one instead. Such sensitive dolls they are!

There were Puss in Boots dolls, too, and Red Riding Hoods and Indians and soldiers, and even one bride and bridegroom, the little man with his white silk tie and the lovely young bride with a wee bouquet of lilies-of-the-valley in her arms.

For the dolls' household affairs there were washing sets, wringers, washboards, soap and clothespins just big enough to hold the clothes that even the good doll will soil. There were cooking sets to get her meals with, pans, spoons, rolling pins and little boxes of raisins, soda, salt, flour and other staples. And there were sewing sets for her clothes. A busy mother you would be if you used all these things.

The menagerie pianos were in that room, too. Don't you know what a menagerie piano is? It's a piano that has pictures of animals on the keys and the music you play is written in animals instead of notes. If you want to play "London Bridge Is Falling Down" on the piano you follow the pictures along the sheet on the keys of the piano, and though you don't know "do" from "re" and "c" from "d," you'll find yourself playing a real tune on this tinkly little instrument.

Wouldn't you rather have a nice fox-terrier pup—even a stuffed one—than a Teddy bear?



Next door to the dolls was a regular toy fire department—hook and ladders, chemical engines and all. The chemical engine had a water tank and a pressure pump and a hose, so that it really could put out a fire fifteen feet high. That's pretty good for a toy wagon, I think. A boy that had one could organize a volunteer fire department in his own neighborhood.

It sounds like Toyland itself, doesn't it, all these playthings? It reminds you of Christmas and Fairyland and everything else that includes so many, many dolls and toys. But though it's exciting to see so many things at once, of course, that was only a convention, and I imagine you wouldn't trade any one of your old toys for those wonderful new things that haven't yet been bought specially for



Sailor boy dolls and cowboy dolls, and all sorts of girl dolls, just waiting to be played with.

Can You Read Our Letters from Grandpa?

we are de ed 2 know
To you are away from 1 and
Down in the any under the
wing wild and chasing the
And gay while on the
2 their come you with songs of